



Erie County Department of Senior Services Commissioner,
David Shenk



Greetings for Erie County Senior Services!

The fall weather has officially arrived in Erie County. To help you transition into the cooler temperatures, take a look at these healthy tips to stay happy this fall.

1. **Consume immunity-boosting foods** — Try eating healthy foods with vitamin C, like limes, oranges, and clementines that are key to fighting off infections. Garlic, ginger, spinach, and almonds also help boost your immunity and overall health.
2. **Dine with your family** — Fall is a great time to regroup as a family and reconnect over dinner. Families who dine together tend to eat more nutritious meals. It also strengthens family relationships and can even help fast eaters slow down and appreciate food more.
3. **Munch on in-season foods** — This is the time of year that beautiful vegetables and fruits make their appearance in grocery stores. Some of the nutrient dense options include brussels sprouts, butternut squash, crab apples, cranberries, and turnips.
4. **Do smart swaps on comfort foods** — There's nothing better than a savory, rich soup on a crisp fall day. Instead of making a calorie rich clam chowder with cream, consider opting for a veggie soup filled with fiber-rich vegetables like spinach. Love sweet potatoes? Slather it with coconut oil and cinnamon instead of butter.

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UNIVERSITY EXPRESS

Greetings from University Express! Our fall semester is moving right along and we hope you are having fun!

We have 18 locations that are hosting our in-person classes! You will find classes on local history, law and finance, and wellness. Just call ahead of time to reserve your spot and make sure you bring your mask with you.



We also have online classes! You can learn about environmental issues, science and medicine and current events! Some of our online classes are recorded and posted on our website at a later date.

Visit our website at erie.gov/universityexpress or call 716-858-7605 for more information. Thank you for participating in our program!

{ RSVP }

That Grateful Feeling

As we move towards Thanksgiving, gratitude is a word that suddenly starts appearing everywhere, from radio commercials to paper plates to yes, even this newsletter. Gratitude is something that a lot of our volunteers express in their placements, and we know that there are few feelings that can compete with the pride and joy volunteers feel when they know their work makes a difference.

But you don't necessarily have to volunteer in a formal capacity to get that same feeling. In fact, something as simple as adopting an attitude of gratitude or performing a small act of kindness can give you the same rush of endorphins as volunteering!

For November, here are a few ideas if you're looking to share your bounty with others.

Send a card or phone a friend. In the age of social media and quick texts, taking the time to mail a notecard to a loved one who may be going through a difficult time (or sending a note just because) has become especially meaningful. If you're looking for an even simpler option, pick up the phone and settle in for a call with a friend who may be far away or lonely.

Share your talents. Maybe you're a great baker, cook, or gardener. Chances are you have a friend, family member, or neighbor that would love to share your bounty. So bake an extra loaf of banana bread, freeze a casserole, or take over a clipping from your garden and brighten someone's day!

Let a stranger budge you in line. Not many people enjoy waiting in line, and if you have some extra time in the grocery store or at the bank you can make someone else's day by letting them ahead of you.

If you have a great idea for a small act of kindness we can include in our December newsletter, please reach out to us at RSVP@erie.gov, and as always, if you're looking for volunteer opportunities, reach out via email or at 716-858-7548.

RSVP Volunteers Kevin and Pat at FeedMore WNY Distribution Warehouse Packing Backpacks for Kids



Recipe of the Month

Cheesy Spinach and Pepper Twice Baked Potatoes

Ingredients:

- 3-300 g Russet potatoes
- 2 packed cups baby spinach
- 1 red bell pepper
- 3 oz Monterey Jack
- 1½ TBSP butter, softened
- 1 TBSP extra virgin olive oil
- 1 shallot bulb
- ¼ TSP salt
- ⅛ TSP ground black pepper
- Sour cream, Greek yogurt, or any other toppings of choice



Instructions:

1. Preheat oven to 350 degrees. Wash potatoes, place them on a baking sheet and cook for 1 hour. Remove from heat and allow to slightly cool.
2. While the potatoes are cooling, heat the olive oil in a saucepan over medium heat. Chop the bell pepper and spinach and mince the shallot. Add the shallot and cook for 2 minutes. Add the bell pepper and cook for 5 minutes. Add in the spinach and cook just until wilted, then remove from heat and place the mixture in a bowl.
3. Slice the potatoes lengthwise, and use a spoon to scoop out the potato flesh - leaving a bit of potato around the skins so that they mostly retain their oval shape. Mash the potatoes until mostly smooth, and place in the veggie bowl.
4. Shred your cheese, and add it to the veggie bowl. Add in the butter, salt, and pepper, and mix until evenly combined.
5. Spoon the potato mixture back into the potato skins on the same baking sheet. Cook for 20 minutes, or until the cheese is melted and the potato are starting to look lightly browned.

Serve with your favorite potato toppings!

Make Smart Choices!

Nutrition Label Word Search

All the words hidden below can be found on the **Nutrition Facts** label.

Find them here first ... then use them when comparing and choosing snacks!

- ☐ added sugars
- ☐ calcium
- ☐ calories
- ☐ cholesterol
- ☐ dietary fiber
- ☐ iron
- ☐ nutrition facts
- ☐ percent daily value
- ☐ potassium
- ☐ protein
- ☐ saturated fat
- ☐ serving size
- ☐ servings per container
- ☐ sodium
- ☐ total carbohydrate
- ☐ total fat
- ☐ total sugars
- ☐ trans fat
- ☐ vitamin D



No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!

Nutrition Facts
Read the Label

Revised: October 2018

1

Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

2

Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

3

Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

www.fda.gov/nutritioneducation



Combating Social Isolation:

Erie County Senior Services

Department Resources



Nutrition Education - Videos from our Registered Dietitians on nutrition and healthy eating.

Wellness - Looking to stay active? Visit our Wellness page to view fitness videos.

University Express View some of the University Express online!

Aging Mastery - Would you like to start focusing on some *positive* behaviors that will allow you to address the new realities of aging? Call 858-8526 to learn about the Aging Mastery take-home starter kit!

Falls Prevention - Learn some tips to stay safe in your home by strengthening muscles and making your home more accessible.

CLUB 99

Look out for Erie County Senior Services **premier** exercise program at local senior centers across Erie County. We offer both **virtual** and **in person** classes. The **in person** class time and dates vary depending on the center. The **virtual** class is held Monday-Friday at 9am-10am. Classes include resistance band exercises, cardio, stretching and use of small exercise ball.

All 60 plus are welcome to join in. The side effects of regular exercise are: improved sleep, increase in blood circulation, improved heart health, increase in confidence, weight loss or maintenance, increased flexibility and overall increase in health and well-being. If you have any questions please contact Julie Ruszala 858-6403 julie.ruszala@erie.gov.





Erie County Stay Fit Dining Program

Standard Menu

November 2021



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Omelet with Peppers, Onions, Tomatoes & Cheese Sauce Tater Tots Raisin Bread Fruit Compote (777)	2 Election Day Boneless Chicken Breast with Gravy Mashed Sweet Potatoes Peas Dinner Roll Cinnamon Pear Crisp (687)	3 Baked Rigatoni with Italian Sausage & Tomato Sauce Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (746)	4 Soup & Salad Bean & Ham Soup with Cornbread Carrots <i>Chef Salad with Dressing</i> Pineapple & Mandarin Oranges (661)	5 Teriyaki Seasoned Beef Strips over Rice Oriental Mixed Vegetables Orange-Pineapple Juice Fresh Apple Chocolate MWK (661)
8 New Menu Item Ancho Chicken Fajita Skillet with Peppers, Onions, & Salsa Spanish Rice Corn Flour Tortilla Fresh Orange ()	9 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach & Mushrooms Cauliflower Italian Bread Shortbread Cookies (791)	10 Veterans Day Meal Breaded Bone-In Pork Chop with Gravy Scalloped Potatoes Peas with Red Pepper <i>Chef Salad with Dressing</i> Dinner Roll Cherry Pie with Whipped Topping (1047)	11 No Meals Served 	12 Roast Beef with Gravy & Horseradish on a Roll Mashed Potatoes Mixed Vegetables Strawberry Gelatin with Fruit Chocolate MWK (848)
15 Ham Steak with Pineapple Topping Sweet Potatoes Creamy DI Cabbage Whole Wheat Dinner Roll Shortbread Cookies (692)	16 Beef Stew Brussels Sprouts Warm Biscuit Cinnamon Applesauce Chocolate MWK (600)	17 New Menu Item Cheese Tortellini with Chicken & Roasted Red Pepper Sauce Carrots Italian Vegetables Italian Bread Fresh Grapes (519)	18 Entrée Salad Chicken Caesar Salad with Caesar Dressing, Parmesan Cheese, & Croutons Wheat Bread Strawberry Bavarian (848)	19 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Broccoli Dinner Roll Fruit Compote (658)
22 Polynesian Chicken over White Rice California Blend Vegetables Zucchini & Summer Squash Chocolate Cake with Chocolate Frosting (773)	23 Thanksgiving Meal Turkey with Stuffing & Gravy Mashed Potatoes with Chives Green Bean Casserole Whole Wheat Roll Molded Cranberry Salad Pumpkin Pie with Whipped Topping (1066)	24 Sloppy Joe on a Wheat Bun Cheesy Diced Potatoes Sliced Carrots Fresh Banana Chocolate Milk (835)	25 No Meals Served 	26 Beer Battered Fish with Tartar Sauce & Coleslaw German Potato Salad Mixed Vegetables Cornbread Ambrosia (831)
29 Rotini & Meatballs with Tomato Sauce & Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail (701)	30 Breaded Chicken Breast with Buffalo-Style Sauce on a Bun Fiesta Corn Broccoli Tapioca Pudding with Diced Peaches (736)	1 Entrée Salad Tuna Salad with Hard-Boiled Eggs on a Bed of Fresh Salad Greens Whole Grain Crackers Fresh Apple Chocolate Milk (711)	2 Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727)	3 Roast Pork with Warm Cinnamon Apples Mashed Butternut Squash Creamy DI Cabbage Wheat Bread Frosted Spice Cake (737)

Looking for Volunteer Coaches!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Chances are you know someone who has fallen or who is afraid of falling. *A Matter of Balance* is a proven program designed to help people manage concerns about falls and increase physical activity. Erie County Department of Senior Services is looking for volunteers to help provide this program.

To be a coach you must have: good communication and interpersonal skills, enthusiasm, dependability and a willingness to lead small groups of older adults. Coaches also need to be able to lead low to moderate level exercise.



For more information or
to sign up: call or email

Claire Solak

716-858-2320

Claire.solak@erie.gov

**Free training is provided. The
next class is:**

**Friends, Inc at Dorothy J. Collier
Community Center**

118 East Utica St.

Buffalo, NY 14209

**Tuesday and Wednesday Novem-
ber 23rd and December 1st**

Time: 10:30 AM—3:30 PM